

HULAFIT FAQS

Do I need experience of hooping to join a class?

Absolutely not! Anyone can take part in a HulaFit class and previous hula hoop experience or fitness experience is not a pre-requisite.

The first thing you will learn in a HulaFit class is how to spin and maintain a hula hoop on your waist, with top tips from our expert instructors. The large, heavy hoops we use in class are perfect for beginners. We then give you time to perfect your hula hooping technique before starting to challenge you with different exercise techniques.

Where do I start with Hula Hooping/How do I get started?

Come along to one of our HulaFit classes & have a go. The first thing you do in a HulaFit class is learn how to spin and maintain a hula hoop on your waist, with top tips from our expert instructors. The large, heavy hoops we use in class are perfect for beginners.

If there's no local class near you, you can join one of our online classes from the comfort of your own home – for this, you will need an appropriately sized hula hoop & enough space at home to spin a hoop. Visit our recent blog on this; [What Hoop should I buy as a Beginner?](#)

And you can check out our beginners video guide on [how to hula hoop](#).

Where can I find your classes?

It's now easier than ever to find and book your local face-to-face HulaFit class on our website using our handy [ClassFinder map](#).

Alternatively, we have a full schedule of online classes that you can join from the comfort of your own home using our [online Calendar](#).

How many calories does hula hooping burn?

Hooping has been proven to burn anything from 7 calories a minute upwards!

The [American Council of Exercise](#) has tested that hooping for 30 minutes can burn approximately 210kcal.

Some practitioners believe you burn up to 100 calories every 10 minutes!

With heavy hoops and rigorous cardio workouts, we expect to help you burn anything from 400-600kcal in an hour-long session.

Many will experience rapid weight loss with regular and consistent practice, and then once the body balances out to a maintenance weight, hula hooping becomes an effective and healthy upkeep workout, rather than a weight-loss activity. Remember, the harder you work, the more you burn. So, spin steady, spin fast, and you will get a mega calorie blast!

What are the benefits of hula hooping?

Hooping is known to be a fantastic way to tone that troublesome tummy area, but there are many other benefits that can be gained from spinning the humble hoop, namely improved strength, coordination and calorie burning as well as the undeniable enjoyment factor!

Benefits include:

- Tone your Tummy & Slim your Waist
- Muscle Sculpting & Strengthening
- Boost Cardio Fitness
- Improve Balance, Coordination and Flexibility
- Burn Calories & Lose Weight
- Learn a new skill
- Build Confidence

And that's just some of the benefits!

Regular exercise can support your mental and emotional wellbeing, have a positive impact on depression, anxiety, ADHD, and more. It can relieve stress, improve memory, help you sleep better, and boost your overall mood. For more information see our [BENEFITS](#)

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What sort of workout will I get?

At a HulaFit class, we combine tried and tested fitness techniques with hip shaking hula hoops to give you a highly effective full body cardio workout.

Our exercises are easy to follow, combining cardio, dance, toning & combat exercises helping you to improve overall strength, coordination, balance and cardio fitness, with options to suit all fitness levels.

Hooping requires constant push-pull contractions in your core muscles, the abdominals and the obliques, as well as in the glutes and thighs. It's the most fun kind of legs, bums and tums session out there! Combining the added resistance of heavy hoops (up to 1kg) and aerobic exercises, a HulaFit® class can assist sculpting, reshaping and toning all the right places, all while burning some serious calories.

Hula hooping is also a great low impact workout, meaning there is minimal stress on your joints and muscles.

Our effective sessions are supercharging, motivational and above all else, enormous amounts of FUN!

Do I need to bring my own hoop?

We provide the hoops in our face to face classes so you don't need to bring one along. All the hoops provided in our classes are large, lightly weighted adult sized hula hoops, perfect for beginners and great for a full body workout.

Can I bring my own hoop to class?

If you have a favourite hula hoop at home, feel free to bring it along to class – just let your instructor know. We provide the hoops in our face to face classes so you don't need to bring one along.

How old do you need to be to attend class?

Our classes are for aged 16+.

Apart from those under the age of 16 years, anyone can take part in a class and previous hula hoop experience or fitness experience is not a pre-requisite.

What size hoop should I get as a beginner? Is bigger better?

Size makes a world of difference when you are starting out hooping. It's so important to make sure you get the right size hoop when you're just starting out, to give you the best head start and ensure a positive, motivating experience.

When people try to learn with a hoop that is too small, they often give up quickly, feeling frustrated, not realising they just need a different size hoop. Larger hoops are better as a rule, especially when first starting out.

We'd recommend a hoop no smaller than 38 inches in diameter, when you begin. Aim for a hoop to come up to at least your belly button from the ground. If you are taller, curvier or have a larger waistline, we suggest you add a couple of inches to this measurement and start with a 40 or 42 inch hoop.

We sell a superb fitness hoop; excellent quality, 850g in weight and 39-inch diameter – perfect for beginners, gives a great workout and will last you years. Available now in our [online shop](#).

Make sure you check out our recent blog on this; [What Hoop should I buy as a Beginner?](#)

What should I wear while hula hooping?

When you are hula hooping, you definitely want to wear tighter fitting clothes – especially when you first start out. Baggy clothes simply get in the way, so the hoop may fall down more easily.

We recommend wearing tight fitting clothes to class; a slim fitting top, body hugging bottoms such as leggings or shorts, and of course, good sports footwear like trainers. Ultimately, the less billowing or baggy clothes to get in the way and the more body-to-hoop contact you can get, the better.

Make sure you check out our recent blog on this; [What should I wear to Hula Hoop?](#)

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How long does it take to learn to hula hoop/keep the hoop spinning?

Once you've started out on your hooping journey, it generally takes about 3 classes or 3-4 weeks of regular practise to be able to maintain the hoop spinning on your waist and to develop the rhythm and muscle memory that means you can hula hoop without having to think about it too much. We recommend picking up your hoop a couple of times a week for about 5-10 mins to really push your practise forwards.

If you're struggling with waist hooping, remember to be patient & keep practising. Learning to hula hoop is learning a whole new skill, like riding a bike, and it can take a little bit of time, but you will get it – with the right size hoop, good technique and practise, you will get it, we promise!

Is it normal to experience bruising when you start hula hooping?

While not present in every case, it is very common to experience bruising around your hips and torso when first starting out with your hula hoop.

Hula hooping is a contact activity, like pole dancing. Your body is unaccustomed to the repetitive pressure applied by spinning a hula hoop on the targeted areas of the hips and torso and it will take you a short time to adapt. As you hoop more, your body will build muscle density and strength and the bruising will reduce. It's true that the more consistent you are with your hooping practice, for example if you do it once or twice a week, the quicker the bruising will go away. We've found in most cases that bruising tends to go away after a couple of weeks of regular practise.

While not being a serious injury, if you do bruise, we suggest having some rest days in between your hooping sessions to allow you to heal. If you suffer from a medical condition that leaves you sensitive to pressure related issues or bruising, please consult your doctor before taking up hooping.

Can I hula hoop when I'm pregnant?

It isn't advisable to start any sort of new fitness activity when you are pregnant, including hula hooping.

If you already have a regular hooping practise, your muscles and body are already adapted to the hoop and, depending on your own unique pregnancy, you may be able to hoop your way through pregnancy. Or it might be the last thing you feel like doing. We recommend that you don't overexert yourself and, of course, please consult with your GP/Mid wife/health visitor.

Can I hula hoop post partum / after pregnancy?

If you're picking up a hoop after giving birth, we advise that you don't take up regular exercise until getting the all clear from your doctor/GP/Midwife/health visitor. We also recommend asking your GP to check you for diastasis recti (when your front abdominal wall separates) before starting to hoop again, in order to avoid exacerbating this condition.

Is there a weight restriction to hula hoop?

Absolutely not! While heavier clients may have less mobility to start with, the exercises can be done by everyone, and the benefits are universal.

We have taught many participants from the underweight to the clinically obese, and never found someone who couldn't learn to hoop.

If you have concerns over public classes, we can also offer one-to-one tuition for individuals or small groups by private arrangement; please email us for details; <mailto:hulafituk@gmail.com>

Is hula hooping good for bad backs?

Hula hooping has a wide range of health benefits which can include a reduction of pain and muscular aches. We do recommend consulting your GP if you have a pre-existing back condition before commencing any physical activity.

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Is it true hula hooping helps combat poor mental health and anxiety?

Yes absolutely! Hula hooping instantly releases our 'happy' chemicals such as Serotonin and Dopamine which create a drive from your body for more practice. Spinning a hoop on your waist is an undeniable mood booster, just try it! The moment you step inside a hoop, all your problems, stresses and anxieties will melt away, helping you to become more present and connected. Regular exercise can support your mental and emotional wellbeing, have a positive impact on depression, anxiety, ADHD, and more. It can relieve stress, improve memory, help you sleep better, and boost your overall mood.

Both anecdotally and industry wide, hooping is considered to be one of the most effective & powerful tools in helping with positive mental health.

How do I become a HulaFit Instructor?

Are you passionate about hula hooping and fitness?

We're looking for enthusiastic, friendly people to join our fast-growing and supportive HulaFit Core Crew community and gain the confidence and skills to teach our fun and highly addictive HulaFit programme.

We want to hear from you if you have one (or more) of the following:

- Level 2 or higher fitness qualification
- Can demonstrate an industry- recognised dance qualification, such as Zumba
- Relevant Hula Hoop Teacher training qualification
- Can demonstrate experience of hula hooping equivalent to five or more HulaFit classes or similar attendance to another Hula Hoop course or class
- If you have an extensive background and knowledge of hula hooping

It's now easier than ever to gain your HulaFit Instructor certificate with our online training programme. Our training consists of up to 10 hours of theory & practical training delivered through a combination of Livestream group sessions & online home study units, which takes place over the course of a month. To earn your Certificate of Achievement you must pass a recorded teaching demonstration assessed at the end of training.

On completion of the course, for a small monthly/annual fee, you can join our HulaFit Core Crew membership and become an official HulaFit licensee, giving you the license to launch and teach unlimited HulaFit classes anywhere in the world, as well as access to loads of brilliant resources & benefits to help you kickstart your business.

Visit our website now to find out all the information and apply, [click here!](#)

If you have any questions, don't hesitate to get in touch <mailto:hulafitinstructors@gmail.com>